

Sunday, June 15, 2014



Deep Breathing

How to use Talk It Over:

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions and then wrap up by deciding on your next steps. You can use this study guide with your small group, your family, or on your own.

Key Questions:

- What causes you anxiety these days? What are you unsure about?
- When you get anxious or worried, what do you tend to do? Do you eat? Work out? Escape through TV?
- This week, when you start to feel anxious or worried, try simply sitting still and breathing deeply – deep breath in and as you inhale, say “come Jesus come” and then exhale slowly. Do this for at least 5 min each time, longer if you can. And see how your spirit calms.

Reading for this week:

Monday: Psalm 46:10

Tuesday: Psalm 23

Wednesday: Matthew 11:28-29

Thursday: 2 Thessalonians 2:16-17

Friday: Psalm 16:8-9

Saturday: Psalm 42:1-2